

Fifty PLUS

Columbus Recreation and Parks Department's
newsletter for *residents ages 50 and older*

No More Winter Blues – Spring Is on Its Way!

Join us for Spring Session to enjoy 50+ programs and activities, including dance, fitness and arts classes, as well as wellness programs and access to fitness rooms. While most classes are available in person, some are offered virtually; check with your center directly for details.

Registration Starts: Monday, April 5.

Session Starts: Monday, April 12.

Search and register for activities via Activenet, our online registration system. Contact your community center with any questions.

Strong safety protocols remain in place to ensure the safety of all residents and staff. Advanced

registration is required for all activities and participants are required to wear face coverings and practice social distancing, with the exception of individuals with qualifying medical conditions. With warmer days ahead, parks and trails continue to serve as a safe and accessible way to stay active, when the weather permits. Even outdoors, it is important to follow all safety protocols – practice social distancing, clean your hands often with soap and water or hand sanitizer and stay home if you're not feeling well.

Be sure to check our website frequently for the most up-to-date information on programs and activities, at columbus.gov/recparks/covid19.

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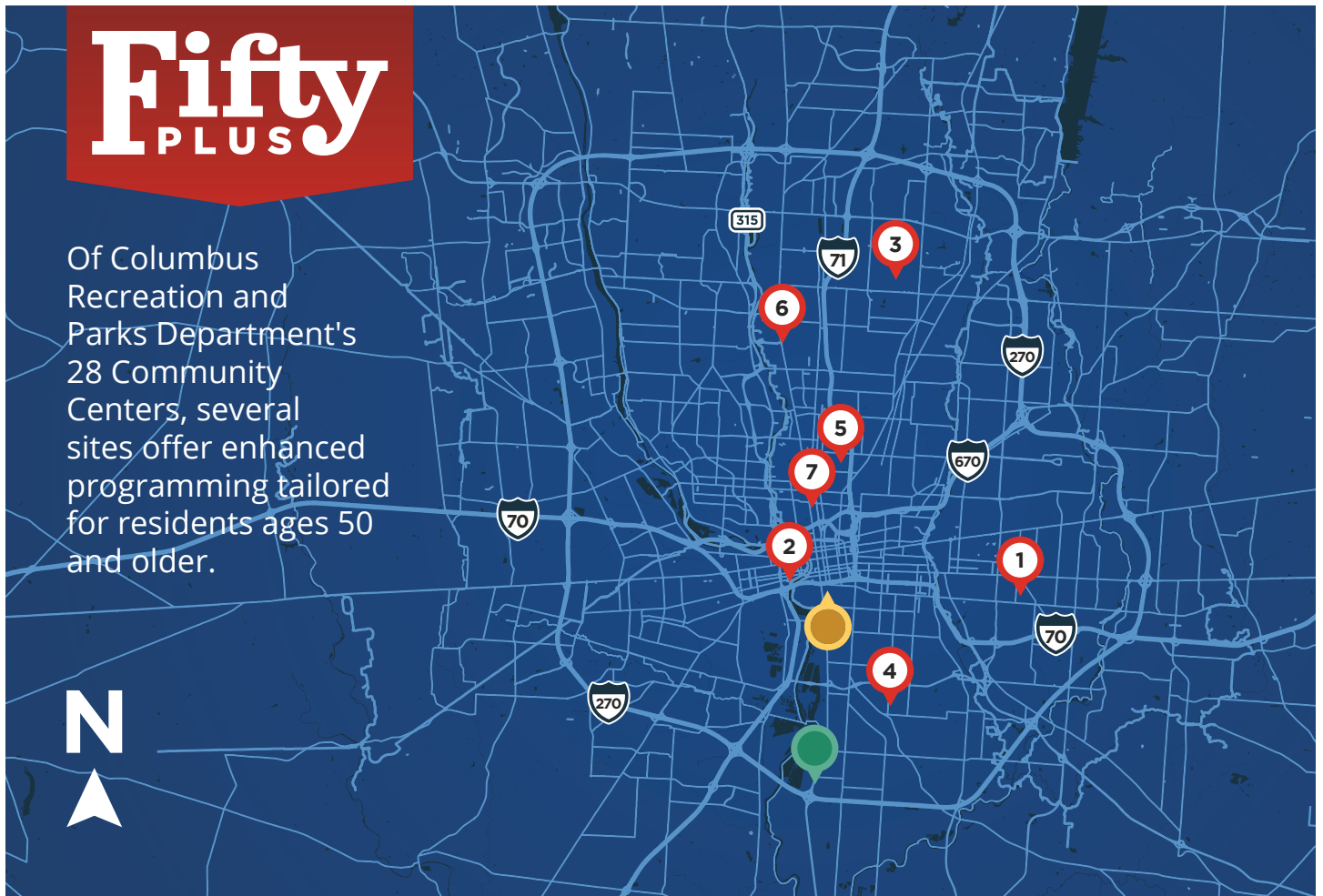
COVID-19 Vaccination

Information on Ohio's
vaccine rollout.

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Fifty PLUS

Of Columbus Recreation and Parks Department's 28 Community Centers, several sites offer enhanced programming tailored for residents ages 50 and older.



- | | | |
|--|---|---|
| <p>1 BARNETT COMMUNITY CENTER
1184 Barnett Rd. 43227
614-645-3065</p> | <p>4 MARION FRANKLIN COMMUNITY CENTER
2801 Lockbourne Rd. 43207
614-645-3612</p> | <p>7 THOMPSON COMMUNITY CENTER
1189 Dennison Ave. 43201
(614) 645-3082</p> |
| <p>2 DODGE COMMUNITY CENTER
667 Sullivant Ave. 43215
614-645-3176</p> | <p>5 MARTIN JANIS COMMUNITY SENIOR CENTER
Center Closed.
Programming moved to
Thompson Community Center.</p> | <p>CENTRAL OHIO AREA AGENCY ON AGING (COAAA)
3776 S. High St. 43207
614-645-7250
Call for additional information</p> |
| <p>3 GILLIE COMMUNITY SENIOR CENTER
2100 Morse Rd. 43229
614-645-3106</p> | <p>6 WHETSTONE COMMUNITY CENTER
3923 N. High St. 43214
614-645-3217</p> | <p>GOLDEN HOBBY GIFT SHOP
Temporarily Closed</p> |

Message from COAAA

Even in a pandemic, the hours pass, the sun rises and the seasons change. Over the past several months, I've spent a lot of time planning my vegetable garden and even started some bean and herb seeds in February, while we still had a foot of snow on the ground outside. If you have access to a yard or community garden space, please take advantage of the warmth and sun and try your hand at growing some veggies.

Tomatoes are very easy to grow in Ohio's climate and you'll be rewarded for your minimal effort with produce you can't buy in any store. You can grow them in a garden or in containers, so even if you only have a deck or patio to work with, grab some large planters or a bucket and plant some tomato seedlings!

If you live near wildlife, please be aware that it takes a high fence or other deterrent to keep the deer away. Small fences work well with rabbits, however, a determined raccoon or possum may still get through to enjoy a snack. Another option is to bring them inside each night, although this is only available to those with container tomatoes. This option does have the added benefit of prolonging the growing season in the fall.

Another alternative for delicious and easy-to-grow garden veggies that can also grow in containers are salad greens. Plant a good mix (perhaps arugula in one container,

spinach in another, and kale in a third) and be sure to harvest them all regularly by just snipping the greens and leaving the roots. They'll come back in a few days and provide you with fresh salad greens over the course of the summer and fall.

Before you plant your tomatoes and salad greens, or even while you plant them, be sure to sow some seeds for radishes as well. Radishes are an early spring crop and can actually be sown in the fall. Because you harvest them early, you can plant them right next to your other seedlings. They'll be harvested before they crowd out your longer producers. And don't throw out the leafy tops – these can be added to soups, stir fries or salads for a milder radish flavor.

Message from the Franklin County Office on Aging

FREE RIDES TO VACCINATIONS

Franklin County Office on Aging is providing free transportation to Franklin County residents ages 60 or older who have scheduled a COVID-19 vaccine appointment. To arrange transportation, call 614-525-6200, 9 a.m. – 4:30 p.m. You must have a vaccine appointment scheduled before calling.

FREE HOME-DELIVERED MEALS

Any Franklin County resident 60 or over who is struggling to access food while sheltering in place is

eligible to receive home-delivered meals. Now through April 1, 2021, Franklin County Office on Aging will not require income verification to receive home-delivered meals. To request meals and other available services, call 614-525-6200, Monday through Friday, 9 a.m.-4:30 p.m.

ABOUT THE FRANKLIN COUNTY OFFICE ON AGING

Franklin County Office on Aging helps Franklin County residents age 60 and older maintain their independence. They also support family members with the often overwhelming job of caring for a frail older parent, family member or friend with limited abilities. This organization has been providing community-based services through Senior Options since 1993. These services can include home-delivered meals, homemaker services, personal care, respite care, adult day care, emergency response systems and minor home repair.



CENTER NEWS

Register online for classes at:

ColumbusRecParks.com. If you have difficulty registering on your own, call or stop by the center of your choice and staff will help you get registered. All classes are free, except where indicated. Class fees will vary according to the instructor. Be sure to check with your class instructor for details. **All schedules are subject to change.** The health and safety of participants and staff is our top priority, and as such, we have implemented rigorous, department-wide procedures, which include:

- Registration and class size are limited.

- Access to our facilities is limited to registered participants and staff, with the exception of those who are on site for in-person registration.
- Participants must perform daily well checks at home. If you are feeling sick (cough, fever, nausea, runny nose, etc.), you must stay home.
- Face coverings must be worn at all times unless otherwise noted.
- Staff will perform temperature checks on each participant when they arrive at our facilities.
- Social distancing - staying six feet away from others - must be observed at all times,

with an understanding of the challenges and limitations for social distancing with very young children and individuals with disabilities.

- To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time, and users must reserve a time block online.

View the full list of COVID-19 precautions for all Columbus Recreation and Parks Department facilities here **Columbus.gov/RecParksCOVID19**.

Barnett

ANNOUNCEMENTS

Barnett "Super Volunteers" Needed! Would you like to be a Barnett Super Volunteer? Are you available 3-4 hours per week to help out at this location? Call us at 614-645-3065 for more information and to sign up!

BARNETT MONTHLY DRIVE-THRU PRODUCE GIVEAWAY

Friday, March 12, 3 p.m.

LIFECARE ALLIANCE LUNCH - CURBSIDE GRAB & GO

Thursday, March 18, 11 a.m.

*Must be registered. Please call the center for more information at 614-645-3065.

FITNESS ROOM

Sign up for a time block here:
<http://bit.ly/barnettfitness>

PROGRAM SCHEDULE

MONDAY

9:15 a.m.

Stay Young, Stay Fit

10:15 a.m.

Cardio Boxing

12 p.m.

50+ Ceramics

1:30-6:30 p.m.

Billiards

TUESDAY

9:15 a.m.

Chair Fitness

10:15 a.m.

Core Class

10:30 a.m.

Senior Spin Class

11:30 a.m.

Women's Strength
Training | Fitness Pass

1:30-6:30 p.m.

Billiards

WEDNESDAY

9:15 a.m.

Stay Young, Stay Fit

10:15 a.m.
Cardio Boxing

12 p.m.
Open Studio Ceramics

1 p.m.
Gentle Stretch & Relaxation

1:30-6:30 p.m.
Biliards

2 p.m.
Yoga

6:30 pm.
Beginning Tai Chi | \$35

THURSDAY

9:15 a.m.
Chair Fitness

10:15 a.m.
Core Class

10:30 a.m.
Senior Spin Class

11:30 a.m.
Women's Strength
Training | Fitness Pass

12 p.m.
50+ Painting & Drawing

1:30-6:30 p.m.
Billiards

FRIDAY

10 a.m.
Beginning Tai Chi | \$35

11 a.m.
Advanced Tai Chi | \$35

12 p.m.
50+ Ceramics

1 p.m.
Gentle Stretch & Relaxation

2 p.m.
Yoga

Dodge

ANNOUNCEMENTS

COFFEE TALK AND WALK

**Mondays, Tuesdays and
Thursdays, 9 a.m.**

Grab a cup of coffee, hot tea or cocoa and join us for a walk! We'll stop by a local coffee shop in Franklinton, explore some art in the area or walk along the mile! Join us for beautiful outdoor walks throughout the Franklinton area. If the weather is bad, we will walk indoors instead.

SENIOR FOOD BOXES

**Friday, March 19 and
April 23, 12-4 p.m.**

For those who have pre-registered, food boxes will be available for pick-up on the days and times listed. These are the ONLY available times, so please plan your schedule accordingly. If you or someone you know would like to register and you meet eligibility requirements, please call 614-724-8151. We do have a few spots available.

EXTENDED PRODUCE DROPS - CURBSIDE PICK-UP

**2nd Thursdays, 3-5 p.m. or
until produce runs out.**

FITNESS ROOM

Sign up for a time block here:
<http://bit.ly/DodgeFitnessRoom>

PROGRAM SCHEDULE

MONDAY

9 a.m.
Beading

9 a.m.
Walking Club

10:30 a.m.
Acrylic Painting

11 a.m.
Chair Fitness

1 p.m.
Art Journaling

2:45 p.m.
Intro to Drawing

TUESDAY

8:30 a.m.
Warm-up Cardio

9 a.m.
Senior Tai Chi

9 a.m.
Walking Club

9:30 a.m.
Senior Fitness

9:30 a.m.
Quilting

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DODGE

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10:15 a.m.
Indoor Cycling | Fitness Pass

10:30 a.m.
Pickleball

11:15 a.m.
Chair Yoga

1 p.m.
Sewing

WEDNESDAY

9 a.m.
Crochet & Needle Craft

11 a.m.
Chair Fitness

11 a.m.
Seasonal Crafts

1 p.m.
Intro to Oil Painting

3 p.m.
Adult Ceramics

THURSDAY

8:30 a.m.
Warm-up Cardio

9 a.m.
Senior Tai Chi

9 a.m.
Walking Club

9:30 a.m.
Senior Fitness

10:15 a.m.
Indoor Cycling | Fitness Pass

10:30 a.m.
Pickleball

11:15 a.m.
Chair Yoga

FRIDAY

8:30 a.m.
Warm-up Cardio

9 a.m.
Senior Fitness

10:30 a.m.
Shuffleboard

12 p.m.
Adult Ceramics

1 p.m.
Sewing

5:45 p.m.
Empty Bowls Ceramics | All ages

SATURDAY

9 a.m.
Senior Tia Chi

10 a.m.
Sewing

Gillie

ANNOUNCEMENTS

Please use front entrance ONLY.

BINGO

Mondays, March 8 & 22 and

April 5 & 19

Space is limited. You must pre-register.

EAT BETTER, FEEL BETTER

2nd Tuesdays at 11 a.m.

Presented by LifeCare Alliance
Dietitian Leonor Button, RD.

Topics:

March - The Benefits of Eating Nuts

ALZHEIMER'S ASSOCIATION

2nd Tuesdays at 12:30 p.m.

This group is currently meeting virtually. If you would like to join us, call or email Marty Cameron, 614-643-2134 or mcameron@alz.org, and a link will be sent to you.

GILLIE SENIOR COUNCIL MEETING

2nd Wednesdays at 1 p.m.

This will be by Zoom or conference call. Please call center to sign up.

HISTORY ROUNDTABLE

2nd Wednesdays at 1 p.m.

Pandemics in America:

In the realm of infectious diseases, a pandemic is the worst case scenario. When an epidemic spreads beyond a country's borders, that's when the disease officially becomes a pandemic. Join us for the history of some of the world's worst pandemics and how they affected the United States.

VETERAN'S GROUP

1st Fridays at 1 p.m.

Calling all American Veteran's from WWII, Korea, Vietnam, Iraq and Afghanistan and beyond.

We need your help to keep our ranks marching and our memories alive.

UNDERGROUND RAILROAD

2nd and 4th Mondays at 6 p.m.

2nd and 4th Thursdays at 1p.m.

Join us as we study the history of America's first civil rights movement.

LIFECARE ALLIANCE WELLNESS CENTER

Mondays & Tuesdays

If you are monitoring your blood pressure at home with an automatic meter, you should have it calibrated or checked for accuracy against a manual monitor at least once every year. The LifeCare Alliance Wellness Center is open if you need to have your blood pressure checked in between doctor's visits or your toenails cut. Please call Peggy Parisot, RN at 614-437-2811 to make an appointment.

GILLIE'S FOOD GALLERY

Fridays at 10 a.m.

This class ends with a recipe book created by participants using their favorite recipes and adding a note to share why this recipe is special to them. Share your favorite main dish, appetizer or dessert! We would love to hear about how these foods impacted your life and your experiences with each dish.

NEW THE SHARING CIRCLE

Mondays at 10 a.m.

During this time of social isolation, many of us do not have the opportunity to spend time with family and friends in person. Research shows that strong social connections are necessary for a long, healthy, happy life. Join us for a weekly virtual sharing circle, to share your thoughts and experiences with others who

also want to be connected.

WEDNESDAY EVENING DANCE CLASS

6 - 8 p.m. | Couples

Only \$5 per person

Please contact the center to find out the dance style for the evening. In-person classes will have ballroom dance lessons from 6-7 p.m., followed by practice sessions from 7-8 p.m., with music provided by a DJ. Online classes will be dance lessons only.

PROGRAM SCHEDULE

MONDAY

9 a.m.

Stretch & Tone | Floor Exercise

9:30 a.m.

Service Circle

10 a.m.

Wood Carving | Walking Sticks

10 a.m.

The Sharing Circle

10:30 a.m.

Humanities Study

1 p.m.

Bingo

3 p.m.

Fitness @ 3

6 p.m.

Underground Railroad |
2nd and 4th Mondays

TUESDAY

8:30 a.m.

Walking – Woodward
Park | Tennis courts

9 a.m.

Fitness Plus

9:30 a.m.

Painting

10 a.m.

Stay Young, Stay Strong

11 a.m.

Wii Bowling/Wii Play

11 a.m.

Eat Better, Feel Better | 2nd Tuesdays

12:30 p.m.

Alzheimer's Support Group
| 2nd Tuesdays

1 p.m.

Arthritis Exercise

1:30 p.m.

Art Journaling

2 p.m.

Balance Class

WEDNESDAY

9 a.m.

Stretch & Tone | Floor Exercise

9:30 a.m.

Ceramics

10 a.m.

Crochet & Knitting

1 p.m.

Ceramics

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GILLIE

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1 p.m.

History Round Table |
2nd Wednesdays

1:30 p.m.

Beginning Crochet & Knitting

2 p.m.

Card Making/Scrap Booking

4:15 p.m.

Tap Dance | Advanced

5:15 p.m.

Ballet | Beginner

6 p.m.

Buckeye State Harmonicas

6 p.m.

Evening Dance Lesson | Must
register with a partner

6:30 p.m.

Tap Dance | Beginner

THURSDAY

9 a.m.

Fitness Plus

10 a.m.

Stay Young, Stay Strong

11 a.m.

Wii Bowling/Wii Play

1 p.m.

Arthritis Exercise

1 p.m.

Underground Railroad |
2nd and 4th Thursdays

1:15 p.m.

Jewelry Class | Check with
front desk for dates & cost

3 p.m.

Fitness @ 3

FRIDAY

9 a.m.

Stretch & Tone | Floor exercise

9 a.m.

Holiday Calendars

9:30 a.m.

OSU Extension Wellness | 1st Fridays

10 a.m.

Gillie's Food Gallery

11:30 a.m.

Fit Ball Yoga

1 p.m.

Veterans Group | 1st Fridays

Marion Franklin

ANNOUNCEMENTS

LIFECARE ALLIANCE MEALS - CURBSIDE GRAB & GO

4th Tuesdays from 11:30

a.m. - 12:30 p.m.

Must be registered to
participate. Please call the
center for more information.

MOBILE PRODUCE MARKETS - CURBSIDE GRAB & GO

**4th Thursdays at 3 p.m.,
except for holidays.**

EAT BETTER, FEEL BETTER

3rd Tuesdays at 1:30 p.m.

Call the center to register.

Presented by Nurse Barbara Parker,
LifeCare Alliance Wellness Center.

Topics:

March - Mind Your Minerals

April - Vegetarian Basics

THE CONVERSATION PROJECT

March 8 Part I

April 12 Part II

1:30 p.m.

The Conversation Project is designed
to help people talk about their
final wishes and end-of-life care.
Topics will include: how to start
the talk, what's most important
to talk about and completing
legal documents. Everyone will be
provided with a starter kit, Living
Will and Durable Power of Attorney
(POA) for healthcare. This program
is sponsored by LifeCare Alliance
and presented by Nurse Barbara
Parker. Call the center register.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a training
program that teaches participants
how to help a person developing
a mental health condition,
experiencing the worsening of an
existing mental health condition
or in a mental health crisis. Like
traditional First Aid, Mental Health
First Aid does not teach people
how to treat or diagnose mental
health or substance use conditions.
Instead, the training teaches

people how to offer initial support until appropriate professional help is received or until the crisis resolves. For more information, call 614-645-3612 or Nurse Barbara Parker at 614-437-2927.

QUESTIONS FOR NURSE PARKER Q & A SESSION - GET TO KNOW YOUR KIDNEYS

Monday, March 22 at 1:30 p.m.

March is National Kidney Month and we are focusing our attention on creating awareness, empowering those at risk for kidney disease with prevention tools, and educating people with the disease on ways to manage it.

Fast Facts:

- One in three Americans are at risk for kidney disease due to chronic health issues, like diabetes, high blood pressure or a family history of the illness.
- More than 26 million Americans already have the disease; it typically goes undetected due to lack of symptoms.
- Kidney disease is the 9th leading cause of death in the country, over 95,000 people are awaiting a kidney transplant and more than 500,000 people are experiencing kidney failure in the U.S.

Questions for your Doctor Start by asking your doctor, "Are my kidneys normal, and have I been tested for kidney disease?" If you have diabetes, high blood pressure, or a family history of kidney failure, then you are at risk for kidney disease. A simple blood test and a

urine test can reveal your kidney health and the percentage at which your kidneys are functioning. Ask your doctor "How often should I be checked for kidney disease?" Some conditions require more frequent testing than others. These may include blood and urine tests and even imaging of the kidneys. Also, knowledge of your family health history is important, as well as a list of all current medications you are taking. Lastly, ask your doctor "What should I do to keep my Kidneys Healthy?" Kidney disease is caused by diabetes and high blood pressure over 70% of the time. The remaining cases are caused by inflammatory, infectious or auto-immune diseases, repeated urinary tract infections, obstructions, medications and other less common conditions.

CAREGIVERS SUPPORT GROUP

Monday, March 29 at 12:45 p.m.

Are you a caregiver? Are you struggling with juggling work, family and caregiving? Do you feel stressed and burned out? There is help! Join us for topics that include: what caregiving is, resources, equipment and self-care. Please call the center to register.

FITNESS ROOM

Register for a time block here:

Cardio Room

[http://bit.ly/](http://bit.ly/MarionFranklinCardioRoom)

MarionFranklinCardioRoom

Weight Room

[http://bit.ly/](http://bit.ly/MarionFranklinWeightRoom)

MarionFranklinWeightRoom

PROGRAM SCHEDULE

MONDAY

9:30 a.m.

Chair Yoga

10 a.m.

Line Dance | Intermediate

10:30 a.m.

Tai Chi | Intermediate

11 a.m.

Everyday Sign Language

12 p.m.

Pickleball

12:15 p.m.

Tai Chi | Advanced

1 p.m.

No Sew Blankets

1 p.m.

Underground Railroad |
1st and 3rd Mondays

1:30 p.m.

The Conversation Project
| 2nd Mondays

2 p.m.

50+ Art Class

TUESDAY

9:30 a.m.

Chair Yoga

9:45 a.m.

Ab Workout | Medium Impact

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MARION FRANKLIN

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10 a.m.

National Arthritis Foundation
Exercise Program

10:30 a.m.

Tai Chi | Beginner I

11 a.m.

Everyday Sign Language

11:15 a.m.

Men's Line Dance

12 p.m.

Tai Chi | Beginner II

12:30 p.m.

Bingo | 1st Tuesdays

12:30 p.m.

Veterans Affairs Program
| 2nd Tuesdays

1 p.m.

Puppet Institute | Puppetry

1:15 p.m.

Indoor Tennis

2 p.m.

Finger Looming/Knitting

WEDNESDAY

9:30 a.m.

Pickleball | Beginners

10 a.m.

Line Dance | Intermediate

10:30 a.m.

Tai Chi | Intermediate

12 p.m.

Pickleball

12:15 p.m.

Tai Chi | Advanced

1 p.m.

Script Reading/Drama |
3rd Wednesdays

1 p.m.

No Sew Blankets

1:30 p.m.

Book Club | 2nd Wednesdays

2 p.m.

Chess | Adults

5:30 p.m.

Sickle Cell Support Group
| 4th Wednesdays

6 p.m.

Line Dance

THURSDAY

9:45 a.m.

Ab Workout | Medium Impact

10 a.m.

National Arthritis Foundation
Exercise Program

10:30 a.m.

Tai Chi | Beginners I

11:15 a.m.

Men's Line Dance

12 p.m.

Tai Chi | Beginners II

12:30 p.m.

Veterans Affairs Program |
2nd Thursday each month

12:30 p.m.

POKENO | 3rd Thursday each month

1 p.m.

Puppet Institute | Puppetry

1:15 p.m.

Indoor Tennis

FRIDAY

9:45 a.m.

Step Aerobics | Medium Impact

1 p.m.

No Sew Blankets

Martin Janis

**All programming will take
place at Thompson Community
Center until further notice**

1189 Dennison Ave. 614-645-3082

ANNOUNCEMENTS

EXPERIMENTAL ART MONDAYS

Mondays at 10 a.m. | \$15

Come experiment with us! Join
Robbie for doodling, recycled art,
pointillism, print making, self-
portraits, mosaics and more.
We'll provide most materials
and the space to create.

GENTLE STRETCH

**Mondays and Wednesdays,
8:30-9:30 a.m.**

Celebrate spring with a gentle stretch
class twice a week at Thompson!
Join D'Lyn for this FREE class,
which demonstrates why you're
never too old to enjoy the benefits
of stretching on a regular basis.

Stretching keeps the muscles flexible, strong and healthy, and we need that flexibility to maintain a good range of motion in our joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way. Strong muscles also help to maintain good posture. Good posture can help reduce back pain, improve breathing, increase circulation, boost digestion and enhance your overall health and wellbeing. So why not check out this gentle stretch class to see how you can keep your body strong, flexible and healthy?

QUILTING CLASS

Wednesdays, 2-4 p.m.

Join Amy for quilting class. Beginner to advanced skill levels welcome. Sew by hand or machine. Bring your own supplies. We'll have tables set up for you.

GREGG'S HEALTH CORNER

A1C - What Does It Mean?

Hemoglobin A1C, also called A1C or glycated hemoglobin, is hemoglobin (red blood cells) with glucose attached (glycated). Red blood cells live for three months, so the Hemoglobin A1C test measures the percentage of glycated hemoglobin in a person's blood over the past three months. The normal range is between 4% and 5.6%. Individuals with levels between 5.7% and 6.4% have a higher risk of having diabetes (also known as pre-diabetes) and those with levels 6.5% and higher are within the range for diabetes. People with diabetes should have

their A1C levels tested every three months. If a person's diabetes is being well-managed and under control, experts say you can have it tested less frequently, however, it needs to be at least twice a year.

A healthy diet, regular exercise and appropriate medication are tools that can be used to control A1C levels. Check with your doctor for more information and personalized recommendations on how to best combine these tools to optimize your health.

PROGRAM SCHEDULE

MONDAY

Time Blocks

Fitness Cardio
\$15

Boxing Fitness (ages 8 – 50+)
\$15

8:30 a.m.
Gentle Stretch

10 a.m.
Experimental Art

10 a.m.
Wheel Ceramics (Advanced)
\$15

10 a.m.
Pickleball
\$10

1:30 p.m.
Wheel Ceramics (Advanced)
\$15

TUESDAY

Time Blocks

Fitness Cardio
\$15

Boxing Fitness (ages 8 – 50+)
\$15

9 a.m.
Ceramics/Hand Building
\$15

10 a.m.
Chair Fitness

1 p.m.
Fit Ball Exercise

1 p.m.
Tai Chi (See instructor at first class)

1:30 p.m.
Beginning Wheel Throwing
\$15

WEDNESDAY

Time Blocks

Fitness Cardio
\$15

Boxing Fitness (ages 8 – 50+)
\$15

8:30 a.m.
Gentle Stretch

9 a.m.
Painting & Drawing with Robbie
\$15

9:30 a.m.
Beginning Italian

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MARTIN JANIS

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10:30 a.m.

Advanced Italian

10 a.m.

Chair Fitness

10 a.m.

Sewing Shapes 3-D

10 a.m.

Pickleball

\$10

11:30 a.m.

Hot Licks Drumming group

2 p.m.

Quilting

3 p.m.

Crochet/Knitting

THURSDAY

Time Blocks

Fitness Cardio

\$15

Boxing Fitness (ages 8 – 50+)

\$15

10 a.m.

Fitness Center w/Trainer by Appt.

10 a.m.

Chair Fit

10 a.m.

Clay Combo

\$15

1:30 p.m.

Clay Studio

Must also be enrolled in an instructor-led clay/ceramics class

FRIDAY

Time Blocks

Fitness Cardio

\$15

Boxing Fitness (ages 8 – 50+)

\$15

10 a.m.

Painting & Drawing Studio w/Mike

\$15

10 a.m.

Pickleball

\$10

12 p.m.

Art Workshop with Robbie

See instructor for details

1 p.m.

Neighborhood Walk

Weather permitting

1:30 p.m.

Beginning Wheel 2

\$15

REMINDER:

- Spring Session Registration Begins **April 5**
- Session Starts **April 12**



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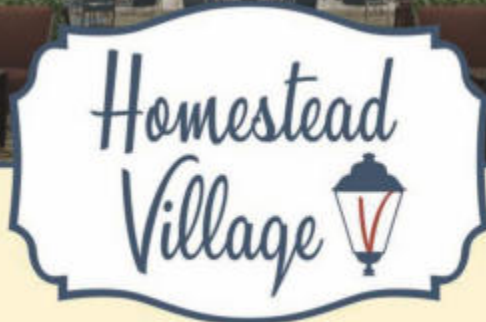
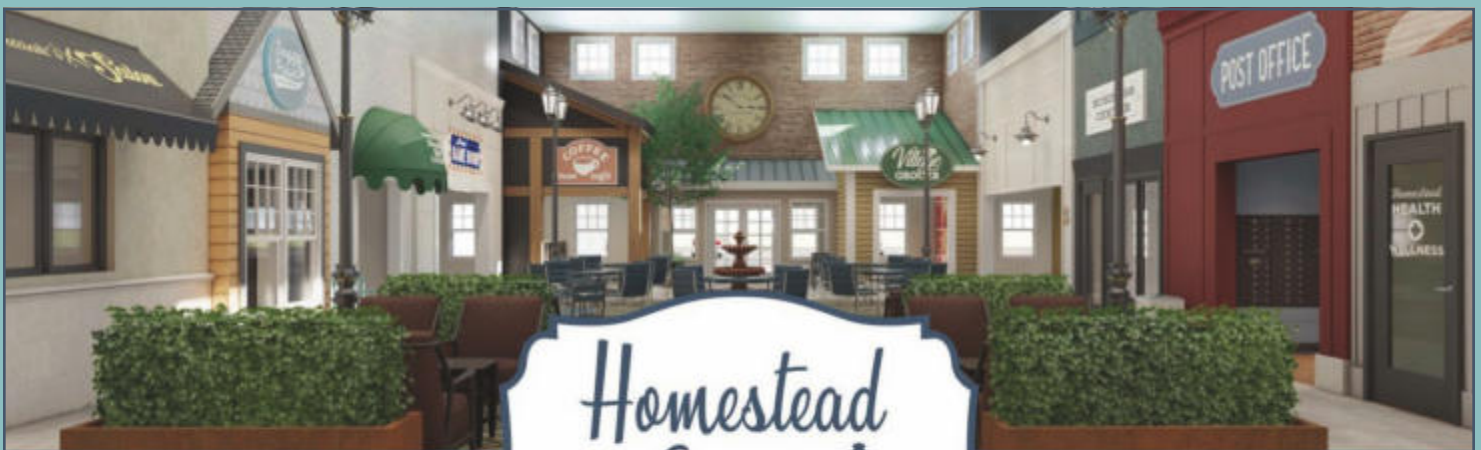
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Mark Your Calendar

Daylight Saving Time
Sunday, March 14

Camp Registration
Begins Tuesday, March 2

Spring Session Registration
Begins Monday, April 5

Get Vaccinated for COVID-19

Ohio is distributing safe, effective COVID-19 vaccines statewide in phases. Vaccine supply is very limited and it will take time to move through the phases and get everyone vaccinated. Eventually, everyone who wants a vaccine will be able to get one.

The vaccine:

- Does not give you COVID-19.
- Will not cause you to test positive on COVID-19 tests.
- Does not alter your DNA.
- Does not contain fetal or human cells.

- Does not contain pork or animal products.
- Does not contain a tracking device.

FIND A COVID-19 VACCINE PROVIDER

Check with your health care provider, local pharmacy or health department to see if they have vaccine available. Columbus and Worthington residents can call Columbus Public Health at 614-645-1519 to check on vaccine availability. To see a listing of COVID-19 vaccine providers in Ohio, visit vaccine.coronavirus.ohio.gov.